

Full Report (All Nutrients) 09072, Cherries, sweet, canned, juice pack, solids and liquids

Report Date: June 30, 2017 00:12 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.7 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:8% Refuse Description: Pits

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 250g
Proximates					
Water	g	84.95	6	0.156	212.38
Energy	kcal	54	--	--	135
Energy	kJ	226	--	--	565
Protein	g	0.91	6	0.054	2.27
Total lipid (fat)	g	0.02	6	0.003	0.05
Ash	g	0.31	6	0.010	0.78
Carbohydrate, by difference	g	13.81	--	--	34.52
Fiber, total dietary	g	1.5	--	--	3.8
Sugars, total	g	12.31	--	--	30.77
Minerals					
Calcium, Ca	mg	14	6	0.787	35
Iron, Fe	mg	0.58	6	0.121	1.45
Magnesium, Mg	mg	12	6	0.743	30
Phosphorus, P	mg	22	6	1.193	55
Potassium, K	mg	131	6	8.521	328
Sodium, Na	mg	3	6	0.400	8
Zinc, Zn	mg	0.10	6	0.009	0.25
Copper, Cu	mg	0.073	6	0.012	0.182
Manganese, Mn	mg	0.061	--	--	0.152
Selenium, Se	µg	0.0	--	--	0.0

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 250g
Vitamin C, total ascorbic acid	mg	2.5	6	0.376	6.2
Thiamin	mg	0.018	4	0.000	0.045
Riboflavin	mg	0.024	5	0.003	0.060
Niacin	mg	0.406	--	--	1.015
Pantothenic acid	mg	0.127	--	--	0.318
Vitamin B-6	mg	0.030	--	--	0.075
Folate, total	µg	4	--	--	10
Folic acid	µg	0	--	--	0
Folate, food	µg	4	--	--	10
Folate, DFE	µg	4	--	--	10
Choline, total	mg	4.7	--	--	11.8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	6	5	1.524	15
Retinol	µg	0	--	--	0
Carotene, beta	µg	75	--	--	188
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	125	5	30.483	312
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	57	--	--	142
Vitamin E (alpha-tocopherol)	mg	0.23	--	--	0.57
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	1.4	--	--	3.5
Lipids					
Fatty acids, total saturated	g	0.004	--	--	0.010
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 250g
14:0	g	0.000	--	--	0.000
16:0	g	0.003	--	--	0.007
18:0	g	0.001	--	--	0.003
Fatty acids, total monounsaturated	g	0.005	--	--	0.013
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.005	--	--	0.013
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.006	--	--	0.015
18:2 undifferentiated	g	0.003	--	--	0.007
18:3 undifferentiated	g	0.003	--	--	0.007
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0